

## HOME GYMNASIUM FOR WOMEN

To Preserve Health, Strength and Figure

BY PAULINE FURLONG

### NO. 22—FREE HAND CHEST EXPANDING EXERCISE.

The chest-raising exercises, which have been illustrated and described in the past lessons, are the best ones for the all-round development of the chest and shoulders, but as a large number of my readers have found them difficult to master, I am giving a simpler form of the same to-day.



FREE HAND CHEST EXPANDING EXERCISE

These valuable exercises increase the size and quality of the muscles in the back, shoulders, arms and breast and make them shapely and rounded, instead of flabby or bony. As your arms get stronger, you will be able to master the more difficult chest raising from the floor, but for those who find this impossible to perform or a great strain on the arms and wrists, the one shown to-day will answer every purpose.

I have told you before that improper

exercises are worse than none at all, and if you find them taxing your strength to any degree, practice the simpler ones until you have attained sufficient strength and poise to perform the more difficult ones with ease. Never strain the unused muscles or exhaust yourself unduly. Practice the movements which come easy for you five or ten times and gradually increase the number to twenty-five repetitions. After all, it is the regularity with which you practice any and all of the exercises which counts in the end.

and not the strenuous exertion which may lead to some of the worst of results.

#### THE BENEFITS OF WALKING.

I trust that my readers are following the advice I gave them and are walking at least one way to their daily work or shopping trips. If this is impossible, you can at least spend your entire lunch-hour walking, whether you are trying to reduce or develop. This fact is that not only the stout woman but every woman is just as well off without lunch. Walking for at least an hour is not a really exhausting exercise, providing it is properly done. Stand with the head shoulders and chest well up and then move forward with the chest, and not with the abdomen, in the lead. Put your weight on the heels of your feet in the habit of doing, and walk on the balls of the feet.

To-morrow's lesson will be another one for the chest and shoulders, with an entirely new exercise.

Letters From Evening World Readers Following Miss Furlong's Lessons.

MRS. M. G. writes: "Will iodine rubbed on the face promote the growth of hair? If it does, will it hurt them? I have a fine coat of down on my face and neck and

#### How To Get Rid of a Bad Cough

A Home-Made Remedy That Will Do It Quickly, Cheap and Easily Made.

If you have a bad cough or chest cold which refuses to yield to ordinary remedies, get from any druggist 2½ ounces of Pinex (50 cents' worth), pour into a pint bottle and fill the bottle with plain granulated sugar syrup. Start taking a teaspoonful every hour or two. In 24 hours your cough will be conquered or very nearly so. Even whooping cough is greatly relieved in this way.

The above mixture makes a full pint syrup that money could buy—at a cost of only 54 cents. Easily prepared in 5 minutes. Full directions with Pinex.

This Pinex and Sugar Syrup preparation takes right hold of a cough and gives almost immediate relief. It loosens the dry, hoarse or tight cough in a way that is really remarkable. Also quickly heals the inflamed membranes which accompany a painful cough, and stops the formation of phlegm in the throat and bronchial tubes, thus ending the persistent loose cough. Excellent for bronchitis, spasmodic croup and winter coughs. Keeps perfectly and tastes good—children like it.

Pinex is a special and highly concentrated compound of genuine Norway pine extract, rich in guaiacol, which is so healing to the membranes.

To avoid disappointment ask your druggist for "2½ ounces of Pinex"—do not accept anything else. A guarantee of absolute satisfaction, or money promptly refunded goes with this preparation. The Pinex Co., Ft. Wayne, Ind.—Adv't.

Readers of Miss Furlong's articles are invited to write to her, in care of The Evening World, requesting information that will aid them in following her illustrated lessons.

Would like very much to get rid of it, but cannot afford to go to a specialist.

If you are inclined to have superfluous hair, I would not advise the use of any grease or great amount of rubbing of the face, as these two things stimulate and increase the growth of hair. Whether on the face or the head, Loholin is made from the wool of the sheep, and is therefore an animal fat. Any foreign matter is likely to irritate the eyes, at least temporarily.

## CASTORIA

For Infants and Children  
IN USE FOR OVER 30 YEARS  
Always bears  
The Signature of *Dr. J. C. Williams*

CARPET J. & J. W. WILLIAMS  
CLEANING 353 W. 54th ST.

No Extra Charge for St.  
Attentive for the Stain or Spot  
and American Carpet Manufacturer since 1875  
Sole U.S.A.

## Stern Brothers

42nd and 43rd Streets, West of Fifth Avenue

### Women's Autumn Apparel FOR TO-MORROW, THURSDAY

A very specially arranged sale

#### Women's Unusually Attractive Street and Afternoon Dresses

Serges, Broadcloth, Taffetas and Velveteens,

Very specially priced at

\$19.75 and 29.50

#### Women's Separate Skirts for Sport and Dress Wear

Corduroy, Serges, Tweeds, Broadcloth,  
Billiard Cloth and new Plaids,

Very specially priced at

\$5.75 and 7.50

### Women's Silk Petticoats

Are presented on the Second Floor, in unusual assortments of the various smart modes of the season. Included are

The new Pantalette Skirts, charming creations, consisting of Corded Satin or Taffeta Pantallettes and Full Length Lace Petticoats; also attractive models in the new Washable Satin.

#### INTERESTING VALUES, TO-MORROW

Taffeta Petticoats  
In changeable, pompadour  
and striped models,

Very special at  
\$5.50

Women's Petticoats  
Full flare models, of change-  
able and plain silks,

Very special at  
\$3.50

### Seasonable Underwear for Men, Women and Children

Autumn and Winter assortments are now being shown on the First Floor, from the leading English, Swiss and American manufacturers, in Silk, Silk and Wool, Wool Merino and Balbriggan, at very reasonable prices.

High Grade Shetland Wool  
Spencers for Women

### Sweaters and Quilted Vests

For street, sport and motoring wear, made of silk or wool, in a variety of very distinctive models, several with fur trimming.

#### AN EXCEPTIONAL OFFERING

Women's Sweaters, of Angora, Shetland,  
Zephyr and Fibre Silk; with collars and belts, at \$5.90

Misses' and Children's Sweaters,  
of wool; also fibre and wool; desirable  
qualities, \$2.95, 3.85

Women's Angora Sets, consisting of reefer  
with cap to match, in all the popular colors, at \$1.95

Women's Imported Quilted Silk Vests,  
in black or white, at \$1.65

### Women's and Men's Linen Handkerchiefs

A sale to-morrow, on the Main Floor, will  
provide the following price advantages:

Women's Handkerchiefs  
Of pure linen with  
fancy wreath initial  
at \$1.00 & 1.95 doz.

Values \$1.50 and 3.00

Women's Handkerchiefs  
Pure linen; colored;  
in a variety of styles  
at 15c and 25c each

Values 25c and 50c

Women's Handkerchiefs  
Pure linen; hand emb'd  
corners; assorted patterns  
Box of Six \$1.00

Value \$1.50

Women's Handkerchiefs  
Of pure linen,  
hemstitched,  
at \$1.10 & 1.75 doz.

Values \$1.50 and 2.25

Men's Handkerchiefs  
Pure linen with initial,  
at \$1.90 doz.

Value \$2.50

Men's Handkerchiefs  
Of sheer linen; solid color  
centers or white centers  
with colored borders,  
at 25c each

Value 50c

## Franklin Simon & Co.

Fifth Avenue, 37th and 38th Sts., New York

### Gossard Front-Lacing Corsets

New Models—Designed for Every Type of Figure



Expert Corsetieres in Attendance

No. 6. "Gossard" Corset  
of white Coutil, medium high bust,  
long straight hip with elastic  
section in back.  
Sizes 22 to 34 inches. . . . . **Special 3.50**

No. 8. "Gossard" Corset  
of white Batiste with pink figure,  
medium high bust, new curved  
waist, long straight hip with elastic  
gore, also elastic section in back.  
Sizes 22 to 30 inches. . . . . **Special 7.50**

No. 10. "Gossard" Corset  
of fine white Coutil, medium high  
bust, long straight hip with elastic  
gore, also elastic section in back.  
Sizes 22 to 34 inches. . . . . **Special 5.00**

No. 12. "Gossard" Corset  
of white Pekin striped Coutil,  
medium high bust, long straight  
hip with elastic gore, also elastic  
section in back.  
Sizes 22 to 32 inches. . . . . **Special 10.00**

## Lord & Taylor

38th Street

FIFTH AVENUE

39th Street

### FIVE HUNDRED FASHIONABLE Street, Afternoon and Evening DRESSES

Copies and Adaptations of the Latest and Smartest Paris Models in Serge, Poplin Silk, Velveteen, Velvet, Net, Georgette Crepe and Chiffon.

Specially Purchased and Specially Priced at

\$15.00-19.50-22.50-25.00-29.50-39.50 and \$45.00

An Event, planned on such a broad scale that it practically provides for every dress requirement of the Autumn wardrobe.

A Sale, based on such positive knowledge of style tendencies that the collection mirrors every new and noteworthy phase of the mode.

A score and more of models copied or adapted from the most recent Paris successes are featured and at

Prices Much Below the Usual

Of some models there are but 15 or 20. The following are typical of the styles and values offered.

### The Smart Street Dresses

In the rich, dark tones of brown, green and navy blue. Notable among the many models are:

**Serge Dresses**, one in strictly tailored Redingote model, with charmeuse sleeves and revers, buttons galore and a wide belt; another, with bodice and hip yoke of novelty striped silk, is unusually clever in style. **\$15.00**

**Wool Poplin Coat Dresses**, in a model on long straight Princess lines; deep square collar and the skirt's broad fold at foot are of black broadtail cloth. Also Serge Dresses, braided in most effective fashion and belted with braid and leather straps. **\$19.50**

**Velveteen Coat Dresses**, a Russian model on straightest of lines with choker collar of nutria and fur edged skirt and sleeves; fur trimmed cords form the girdle. **\$25.00**

**Taffeta and Velveteen Dresses**, in quaint Mid-Victorian model with jacket bodice and full skirt, banded with velvet folds. **\$29.50**

**Gros de Londres and Velveteen** are cleverly combined in an elaborate street dress with fur edged collar and cuffs; the skirt features a double pointed tunic with folds of velvet. **\$39.50**



### The Afternoon Gowns

In the favored shades of Afrique brown, green, navy and in black. Copied and adapted from the latest Paris successes, these include:

**Satin Striped Faile Afternoon Gown**, in a model featuring the new graduated tunic skirt; collar and vestee are of lustrous satin. **\$19.50**

**Charmeuse Afternoon Gown**, with Georgette crepe sleeves and folds; cream lace vestee and collar finish the charming bodice. **\$25.00**

**Georgette Crepe Afternoon Gown**, with sleeves, vestee and collar of gold embroidered lace; tasselled sash of gold and silver braid. **\$29.50**

**Chiffon Velvet Gown**, embroidered in rope silk and metallic threads; the side draped skirt falls in soft folds from the hip yoke. **\$45.00**

### The Dancing Frocks

In the daintiest of evening shades, models that are perfect copies of Dresses at double these prices:

**Chiffon Taffeta**, artfully draped in Grecian fashion, with bodice and sleeves of silk net; at waist line and hip the skirt's draperies are caught with cords of the silk and fall in classic folds. Reproduction of a \$55.00 Dress, this is specially featured. **\$25.00**

**Ombre Taffeta** in shimmering tints is combined with shadow lace in a picturesque model. The wing sleeve bodice is girdled with velvet ribbon, with a rose here and there. Over the lace skirt, panels of the silk are draped pannier fashion. **\$29.50**

**Embroidered Taffeta**, patterned with silver motifs, makes the loveliest of Dresses, with lace bodice and pointed tunic falling over a lace flounce. **\$35.00**

Third Floor

### New Fashions in EVENING SLIPPERS

Slippers all a-twinkle with tiny beads; Slippers of gleaming gold and silver tissue; Slippers sparkling with brilliant buckles; these are the season's favorites.

The Lord & Taylor collection boasts of many exclusive novelties, distinguished by their dainty grace, their perfection of fit and finish. Staple styles too, of the better sort.

#### The "Coronation"— A Beaded Slipper

The highest type of Bench-Made Slipper, with high Louis XVI. heels and the most flexible of soles. Very elaborately beaded vamp and tongue.

Black satin with steel or iridescent beads. **\$8.50**  
White satin with crystal beads. **\$8.50**  
Bronze kid with bronze beads. **\$8.50**

#### Gold and Silver Slippers

Very graceful and on slender well fitting lines, these pretty bits of footwear are made of the new cloth of gold or cloth of silver, perfectly plain, but marvellously effective. **\$6.50**

#### Special for Thursday Only Satin Opera Pumps

In pink, blue, black or white satin of excellent quality; very graceful lasts with Louis heel. Usually \$5.00. **\$3.25**

#### Rhinestone Buckles

Large and small, elaborate or simple designs. Formerly \$6.50 to \$22.50. **\$4.85**

Second Floor.

### Latest Novelties in SILK HOSIERY

Stockings are much in evidence in these days of abbreviated Dancing Frocks. As a consequence, there are hundreds of lovely novelties, that vie in charm with the season's dainty slippers.

Beaded, embroidered, inset with lace and sparkling with spangles, the latest hosiery importations form a dazzling display.

#### Silver Gray and Gold Color Stockings

To wear with silver and gold Slippers—shimmering, silken hose that perfectly match new metallic Slippers.

In plain effects. **\$1.00, 1.50 and 2.00**

With French clocks. **\$2.75**

Inset with paneled insets of silver or gold embroidered net. **\$5.95**

Hand-embroidered and open work. **\$6.75**

**Beaded and Spangled Stockings**  
White silk with crystal spangled net panels. **\$6.95 and 9.85**

White with black jet beaded and spangled butterflies or black with black butterflies. **\$6.95 and 12.75**

Beaded butterflies in colored effects with jewels. **\$9.85**

White with seed pearl embroidery. **\$11.75**

And scores of other lovely stockings ranging up to **\$100.00**

Stockings dyed to match any gown or worn to order to your individual taste. **Ground Floor.**